



## WOODSTOCK CITY MANAGER'S NEWSLETTER

JULY 1, 2016  
VOLUME III, ISSUE 26



In observance of the **Fourth of July**, all non-emergency City offices will be closed on Monday, July 4th.

The annual 4th of July Fireworks will begin at dusk in Emricson Park. Parking is \$8; use South Street and Jackson Street Entrances. Donations will be accepted.

***Have a safe and happy holiday!***

### ***Fourth of July IMPACTS CITY'S GARBAGE SERVICE***



As a reminder, the Fourth of July will alter the garbage pickup schedule for residents during the week of July 4th through July 9th.

With the Fourth of July falling on a Monday, all normal garbage pickup will occur one day later. In addition, those residents who normally have garbage picked up on Friday will need to place their garbage out for collection on Saturday.

Any questions should be directed to the City's garbage contractor, MDC Environmental Services at 815-568-7274.

### **What's Happening in Woodstock ? July 1—7, 2016**

7/2	Dick Tracy Day— 1-5pm Woodstock Square & Opera House
7/2	Farmer's Market 8am-1pm Woodstock Square
7/4	4th of July Fireworks— Dusk Emricson Park
7/5	Senior Coffee—1pm Stage Left Cafe
7/5	LEGO Night—6:30pm Woodstock Public Library
7/5	Farmer's Market 8am-1pm Woodstock Square
7/6	Wednesday Morning Movie Series 10am - Hotel Transylvania 2 Classic Cinemas \$1
7/6	Woodstock City Band - 7:30pm "If It Ain't Baroque" Park in the Square



### **What's Inside ?**

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## DICK TRACY DAY 2016 SCHEDULE OF ACTIVITIES

### 1:00PM—DICK TRACY DAY BEGINS!

**Available From 1:00-5:00PM:**

Dick Tracy Merchandise at Old Courthouse Arts Center

Dick Tracy Cupcakes at Sugar Circle, 203 Main Street (closes at 4PM)

Dick Tracy Cookies at Jaci's Cookies, 124 Cass Street AND Swiss Maid Bakery, 122 N. Benton Street

Display of Guinness World Record Attempt at Longest Cartoon Strip by a Team in the Woodstock Square Park

Woodstock Pop-Up Library on Benton St. side of Square

Woodstock PD Fingerprinting on Benton St. side of Square

Take a picture with Cardboard Cut-outs in Square Park and the Guinness Banner at the Spring House - FREE

Green Screen yourself in a Comic Strip in front of the Old Courthouse, \$5.00 per photo

Jail & Bail in Square Park - Pay \$1.00 to our volunteers to have a friend "jailed" and then sing their way out!

50/50 Raffle - Buy tickets from our volunteers; winner announced at Opera House at 4:30pm; must be present

**And you can still join our Guinness Team -Trace Comic Strips at Old Courthouse Arts Center! FREE**



**Living Statues:** Watch our Dick Tracy Villain Living Statues perform at 1:00, 2:00, 3:00, and 4:00pm. "The Brow" will be in front of the Opera House and "Influence" will be in front of YoFresh; FREE but tips appreciated.

**1:00PM-4:00PM** Silent Auction at Woodstock Opera House, unique Dick Tracy collectibles and other great items, Bidding takes place from 1:00pm-4:00pm

**4:30PM**—Silent Auction Results Posted, Pay, and Pickup at Woodstock Opera House before 5:00PM; Winners must be present, cash and credit card accepted.

**1:00-2:30PM** - Sidewalk Chalk Contest (Ages 10 and under); Drawing takes place between 1:00-2:30PM, FREE

**2:45PM**—Judging of Sidewalk Chalk Contest (Ages 10 and under); Winners must be present; 1st, 2nd, and 3rd prizes awarded; on Benton Street side of the Square

**1:15PM**—Richard Pietrzyk "Villain Talk" at Stage Left Café, Followed directly by the first showing of Chester Gould Documentary at Stage Left Café at **1:30pm**; Admission is \$1.00 per person (Approx. 1 hour)

**2:00PM**—Historical Walking Tour; Begins at Home State Bank (124 S. Johnson), Approx. 1 hour, FREE

**2:30PM—3:30PM**—"Capture" an image behind a jail cell with our favorite detective! Take your own photos with Dick Tracy at Old Courthouse Arts Center: \$1.00 per group

**3:00PM-4:00PM** - Watch our **strolling juggler** walking around the Woodstock Square! FREE

**3:15PM**—Richard Pietrzyk "Villain Talk" at Stage Left Café, Followed directly by the second showing of Chester Gould Documentary at Stage Left Café at **3:30pm**; Admission is \$1.00 per person (Approx. 1 hour)

**4:00PM** - Watch our **stilt walker** on the Woodstock Square! FREE

**4:00PM**—Groundhog Day Walking Tour; Begins at Home State Bank (124 S. Johnson), Approx. 1 hour, FREE

**5:00PM—THANK YOU FOR JOINING US!**



**WEDNESDAY July 13:**  
Woodstock Square / 6:30 pm

- Callejoneadas (Street Parade around and through the Square) Gathering at Sesquicentennial Park at 6:30 pm
- **FREE** Band Concert & Ice Cream Social
- Rock Climbing Wall
- Carnival Booths with **FREE** Kids Games and Prizes

**THURSDAY July 14:**  
Emricson Park / 8:00 pm  
Bring Chairs

- **FREE** Movie under the Big Tent  
- Dr. Seuss' The Lorax
- **FREE** Popcorn  
(Preshow - RC Juggles begins at 7:00 pm)

**FRIDAY July 15:**  
Emricson Park / 6:00 pm

- **FREE** Summer Music Concerts featuring:
  - Local Guitarist, Mark Piekos
  - Blackwater Gold
  - 97Nine
  - Libido Funk Circus
- **FREE** Kids Activities
  - Rock Climbing Wall
  - Rescue Pets
- Bags Tournament - Put together your team
- Food Vendors - Come on out for dinner and stay for the party
- Beer Garden - Proceeds Benefit Govers Community Cancer Foundation

**SATURDAY July 16:**  
Woodstock Water Works  
11:00 am - 4:00 pm

- **LUAU at SUMMER IN THE PARK**  
Pull out your grass skirts and Hula with the Woodstock Water Works Staff and Ty the Turtle
  - \$4 Entrance Fee
  - Fun & Activities
  - Early Opening Time
  - Appearances from Potts & Pans Steel Pan Band, Kalia Jefferson Aloha Dancers & Kona Ice

**SUNDAY July 17:**  
Emricson Park / Noon - 5:00 pm

- DJ will be taking requests all afternoon
- Grilled Brats & Hotdogs - come out for lunch and enjoy the fun!
- **CARNIVAL BOOTHS** with **FREE** Kids Games and Prizes
- Rock Climbing Wall
- Inflatable Bounce Activities
- RC Juggles - Amazing Balloon Creations & Entertainment
- BINGO from noon until 3:00 pm
- **BEER GARDEN** - Proceeds Benefit Gavers Community Cancer Foundation, Ends at 4:00 pm
- Petting Zoo
- Plus, Randall Oaks Traveling Animal Show at 1:00 pm

**FREE EVENT FOR TWEEN/TEENS ONLY**  
6:00 pm-10:00 pm

The night will continue to rock for our youth with a **FREE** dance & photo booth. Refreshments also available.  
Sponsored by the Woodstock Police Department

**JULY 13-17, 2016**

Woodstockfestivals.org • 815.338.4301





## PICNIC IN THE PARK CONTEST

- ❖ Create a fabulous 6'x6' picnic and beverage setting in one of four themes below for the Woodstock City Band Concert at the Park in the Square on July 13<sup>th</sup>.
  - Romance In The Air
  - Enchanted Garden
  - Around The World
  - Sports Is My Game
- ❖ Picnic settings will be judged for creativity and best use of theme. Prizes awarded in each category!
- ❖ Any alcoholic beverages must come to the park unopened and leave capped. You must be 21 or older to participate.

To be eligible for contest judging, contestants must register using the form below and return it to City Hall in person, by mail or email at [citymanager@woodstockil.gov](mailto:citymanager@woodstockil.gov) no later than **Monday, July 11, 2016**.

Participants must check in at the Opera House Stairs between 6:30 - 7:00pm on July 13, 2016 for their entry number and to choose site location. Picnic settings must be ready for judging by 7:30pm.

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## PICNIC IN THE PARK REGISTRATION

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Picnic Basket Theme:

_____ Romance In The Air	_____ Around The World
_____ Enchanted Garden	_____ Sports Is My Game

For Questions, call 815-338-4301

# CELEBRATIONS

## **WELCOME TO THE CITY!**

Congratulations to **Paul Farnum** who has been hired as a **Patrol Officer** at the Woodstock Police Department. Paul's first day was Monday, June 20<sup>th</sup>. Welcome and Congratulations!



## **MOVING ON UP!**

Congratulations to **Barry Pierce** who has been promoted and accepted the position of **Street Superintendent** effective June 26<sup>th</sup>. Prior to his promotion, Barry was previously in the role of Crew Leader in the Streets Division. Way to go Barry!



## **THANK YOU FOR YOUR 13 YEARS OF SERVICE!**



Monica Amraen has been with the City of Woodstock for over a decade and has done it with a smile and a friendly greeting to everyone she has come in contact. She has worked or offered a helping hand in many of the different departments in City

Hall.

*"Monica will go down in the annals of City employees as The Most: pleasant talker... energetic walker... generous baker... enthusiastic event maker. She will be missed every single day.*

*Except Tuesdays."*

Terry Willcockson



The Woodstock Independent celebrates 29 years in business.

Check out their online site!

[www.thewoodstockindependent.com/](http://www.thewoodstockindependent.com/)

Congratulations!



## **DIVA'S ATTIC**

106 N. Benton Street

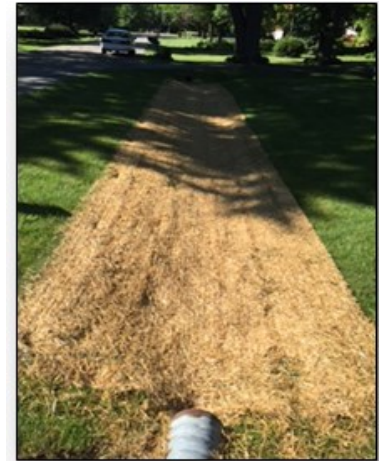
Diva's Attic celebrates 2 years in business on Friday, July 1st. Stop in and offer them "Congratulations!"

<https://www.facebook.com/DivasAttic.Woodstock.IL>

# Public Works Ditch Drainage Efforts

For those residents without the benefit of curbs and gutters to assist storm water flow, the City uses a different approach in the form of roadside drainage ditches. These ditches are carefully constructed in order to

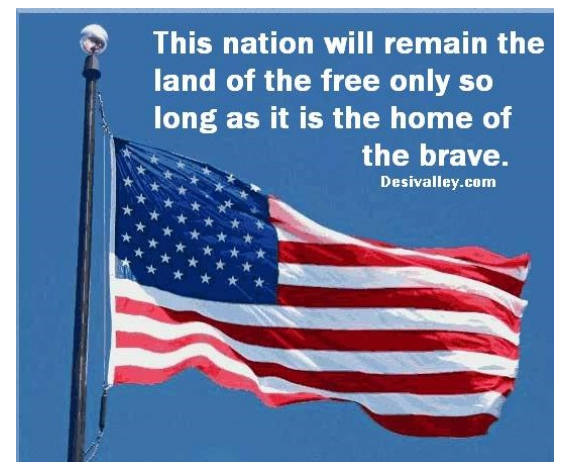
move storm water instead of allowing it to become stagnant near a resident's home. Once the location of a ditch has been chosen, elevations to determine optimal water flow are determined. Equipment is used to remove a portion of the right-of-way material, while maintaining the appropriate grade. The finer details of the ditch are dug by hand and may include the installation of a culvert if the water needs to flow under a property's driveway. The area is covered in black dirt, grass seed, and a straw blanket to allow grass to grow.



In some cases, these areas of drainage require maintenance and restoration work. Currently, the Department of Public Works' Street Maintenance Division is in the process of completing several areas of ditch restoration throughout the City. Drainage ditches fill with silt left by storm water, which potentially changes the elevation of the ditch allowing water to collect

instead of flow. The Street Maintenance Division re-determines the elevations and excavates or fills the area to restore its ability to transport water.

*If you have any questions regarding the Department's ditch restoration efforts, please contact Public Works at [pwdept@woodstockil.gov](mailto:pwdept@woodstockil.gov) or by calling (815) 338-6118.*





## Street Maintenance Division Working in Emricson Next Week

Street Maintenance staff is scheduled to complete a storm sewer repair project at Emricson Park beginning next Wednesday, July 6<sup>th</sup>. Traffic flow in and out of the lower parking lot behind Dream Field will be affected, and any parking lot or road closures will be posted nearby on the City's message board. Work completed will include the following:

- Removal and replacement of two storm sewer structures
- Installation of new weeping tile to assist the drainage of excess groundwater to the west
- Removal and replacement of an 8" feeder pipe connecting the two structures running under the access road to parking lot B
- Repair of any damaged or disturbed asphalt

Please contact the Street Maintenance Superintendent, Barry Pierce, with any questions or concerns at (815) 338-6118.



## Woodstock Avalanche Donates Topper & Posts for Merryman Field

The City's Department of Public Works Parks & Facilities Division is responsible for maintaining over 540 acres of property, which includes 16 softball/youth baseball fields, 4 baseball only fields, 2 football fields, and 8 soccer fields located throughout the City. During the season, the division is focused on turf maintenance and field preparations. For example during the month of June, the division prepared approximately 258 fields for games.

During the summer months, many user groups use City facilities to host games and tournaments. Recently the Woodstock Avalanche, one of the user groups, approached the City with a donation of a yellow fence topper and two foul pole posts for Merryman 7 at Merryman Park. Tim Oman, of the Woodstock Avalanche, worked with the Parks & Facilities Division to have the topper placed and post holes dug in order to install the foul pole posts on both foul lines. The City of Woodstock appreciates the effort put forth by both Tim Oman and the Woodstock Avalanche organization.

Residents or groups wishing to volunteer or donate are encouraged to contact the Department of Public Works at [pwdept@woodstockil.gov](mailto:pwdept@woodstockil.gov) or at (815) 338-6118.

## **WHAT THE REC?**

### **SUMMER TENNIS LESSONS GOING STRONG**



The first session of the **Recreation Department's** summer *tennis lesson* program ended last Friday at the Emricson Park tennis courts. Youth lessons meet five days a week for three weeks.

The 2<sup>nd</sup>/3<sup>rd</sup> grade class at 9AM; 4<sup>th</sup>/5<sup>th</sup> grade at 10AM; 6<sup>th</sup>-8<sup>th</sup> grade at 11AM. The same class schedule will be offered for Session Two.

The second session of Youth and Adult tennis classes will start July 11<sup>th</sup> and will run through July 29<sup>th</sup>. If you would like to register go to [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com).

### **FUN, FUN, FUN AT THE PLAYGROUND PROGRAM**

**Playground Program Coordinator Reneé Torrez**, the Playground Program counselors, including **Site Supervisors Elissa Limbaugh, Emily Draffkorn** and **JD Fuller**, have been busy planning some awesome special events for the first four weeks of the seven-week program.

*Sports Week* featured Field Day for both the morning and afternoon groups and an exciting bowling trip to Kingston Lanes for the afternoon kids. The *Counselor Jam* was this week for both the AM and PM sessions. Many of our talented counselors show off their singing or dancing skills.

Upcoming events will feature the Woodstock Fire Department/ Rescue District and their fire trucks! Both the morning and afternoon participants love to climb into the trucks and ask questions about fire safety.

Other events planned for the last three weeks will also be packed with fun, including Minute to Win It, the Counselor Pageant, and the end of the year picnic!

The seven-week program, which has 330 kids registered, ages four to twelve, provides other supervised activities including arts and crafts, sports and games, nature walks, picnics, story-time, science experiments, swimming at Woodstock Water Works, splash mornings at the Olson Park spray feature, and socializing with new friends.

### **DEADLIFT DROP BOX INSTALLED AT REC CENTER**

Pictured are staff from Direct Fitness Solutions installing a deadlift drop box at the Rec Center. The box was installed to reduce the number of complaints we receive about members dropping their weights. The box is special padding that reduces noise and vibration when weights are dropped. Additional 45-pound rubber plates were also ordered as part of this project.

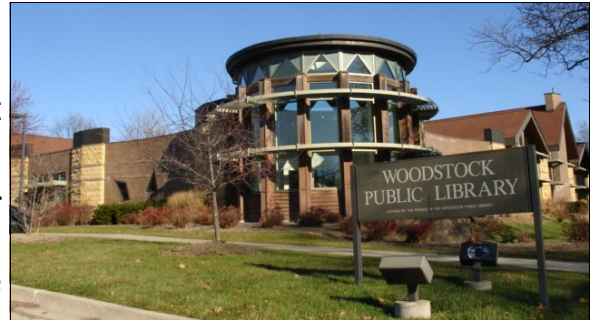
Some members are deadlifting as much as 500 pounds so when dropped from just a few inches, they can create quite a bang which irritates other members and disrupts classes on the aerobics floor.





## **Public Library**

- **English Conversation Club** - Interested in practicing your English? Joining our Conversation Club on Tuesdays at 10:00 AM is a great opportunity for native Spanish speakers.
- **IT Assistance** - Need help with that tablet or other smart device? Stop in Thursdays between 10:00 and 11:00 AM for some one-on-one assistance with our IT Librarian gurus.
- **Friday Fun Day** - Every Friday there will be a small, do-it-yourself activity in the Children's Department. It will be available all day, and announced on Facebook that morning. We've already built forts, colored on the floor and played dress-up, come in to see what's next!
- **Storytime** - Throughout most of June, the following Story Time sessions are available at the Library. Cuentos en Espanol on Mondays, 6:30 - 7:00 PM (ages 2 and up); Books and Babies on Tuesdays, 10:30 - 11:00 AM (6-23 months); Childspace on Tuesdays, 10:00 - 10:30 AM (2-3 years old); 4 years-old to Kindergarten on Tuesdays, 11:00 - 11:30 AM.



LIBRARY HOURS: Monday—Thursday 9am –9pm Friday 9am - 6pm

Saturday 9:00 am - 5:00pm Sunday Closed

**LIBRARY CLOSED MONDAY, JULY 4th**

## **Building & Zoning**

- **Old Courthouse Windows** - Architect Gary Anderson presented his recommendations for the replacement of the windows in the Old Courthouse to the Historic Preservation Commission at their June 27<sup>th</sup> meeting. The HPC was in general agreement with his recommendations on the type and style of windows and voted to approve the project. Bid specifications for the windows can now be finalized. It is anticipated that bid packets for the project would go out in mid-July and a recommendation would be forwarded to the City Council for the second meeting in August.
- **Tall Grass/Weeds** - Staying on top of the numerous complaints the department receives about tall grass and weeds continues to be a challenge. It is an expectation of residents for the City to come out immediately and mow a property with tall grass and weeds. However, the City has to take a few steps before that can happen. Code enforcement staff will typically give a certain amount of time for the owner to bring the property into compliance. This time frame can be delayed if the ownership is in transition (such as a property in foreclosure). We appreciate everyone's patience as we try to resolve these challenges.

## ***CITY OF WOODSTOCK—RECRUITMENT***

**Limited Part-Time Office Clerk – Building & Zoning:** The City of Woodstock is seeking qualified applicants for the position of Limited Part-Time Office Clerk with the Building and Zoning Department. The purpose of this position is to provide routine clerical tasks, receive the public, provide customer service, answer the phone, and provide overall support to the Office Manager. All duties are assigned at the direction of the Office Manager. Hours of work for the position, not to exceed 20 hours per week are regularly Monday-Friday, 11:00 am to 2:00 pm, however flexibility is necessary for hours outside this time frame that may occur due to vacations and/or sick time of other department members. Starting pay rate will be within the range of \$10.00 to \$12.00 per hour commensurate with relevant work experience with no other benefits provided. **Application Deadline: Monday, July 25, 2016 at 5:00pm.**

**Full-Time Front Desk Clerk – Finance Department:** The City of Woodstock is seeking qualified applicants for the full-time position of Front Desk Clerk with our Finance Department. The purpose of this position is to provide customer service, answer the phone, receive the public and serve as first point of contact and general reception to Woodstock City Hall. The position also provides routine, clerical support to the Finance Department and its multiple functions. Position reports to the Finance Director and works Monday-Friday, 8:30 am to 5:00 pm and one Tuesday per month from 8:30am to 7:00pm. Starting pay rate will be within the range of \$11.00 to \$15.00 per hour commensurate with relevant work experience with eligibility for a full benefits package including group health insurance, benefit time, and IMRF retirement plan. **Application Deadline: Monday, July 11, 2016 at 5:00pm.**

**Part-Time Front Desk Cashier – Woodstock Recreation Center:** The City of Woodstock is seeking a part-time Front Desk Cashier with the Woodstock Recreation Center at 820 Lake Avenue. The position works up to 28 hours per week, with possible scheduling for work periods that may include: Monday – Friday 4:30am – 9:00am, 8:00am – 3:00pm or 3:00pm – 9:00pm; Saturday and Sunday 7:00am – noon or Saturday and Sunday noon – 5:00pm. **Note: This is not a seasonal position: Ideally candidates should demonstrate commitment to year-round employment on a set schedule, preferably for a minimum of 1 -2 years. Starting pay rate is \$8.46 per hour; benefits include prorated vacation, holiday and sick leave and IMRF pension. Application Deadline: Open until filled.**

**Limited Part-Time Play Room Attendant - Woodstock Recreation Center:** The City of Woodstock is seeking limited part-time Play Room Attendants (2 positions) with the Woodstock Recreation Center at 820 Lake Avenue. Position works up to 18 hours per week, with possible scheduling for work periods that may include: Monday – Saturday mornings 7:45am – 11:00am, Monday – Friday 3:45pm – 8:00pm or Sunday 9:00am – 11:00am. **Note: These are not seasonal positions: Ideally candidates should demonstrate commitment to year-round employment on a set schedule, preferably for a minimum of 1-2 years.** Starting pay rate is \$8.25 per hour with no additional benefits. **Application Deadline: Open until filled.**

**Please refer to the City's website at [www.woodstockil.gov](http://www.woodstockil.gov) and click on the Jobs section for further details and the application process on the above opportunities. *The City of Woodstock is an Equal Opportunity Employer.***



## Special Census Jobs in Woodstock!

In the near future, the U.S. Census Bureau will conduct a Special Census in our community at the request of the City. Local residents are needed to work as Office Clerks, Enumerators, and Crew Leaders for this effort. Office Clerks are paid \$11.99 per hour and perform clerical work in the Woodstock Census office location. Enumerators are paid \$14.99 per hour plus mileage and visit households and collect a few facts about each member such as name, age, and relationship to the householder. Crew Leaders are paid \$16.49 per hour plus mileage and serve as leaders to others in this process. The U.S. Census Bureau is seeking approximately 45 applicants to fill the roles of Clerk (1 role), Crew Leader (1 role) and Enumerators (5-11 roles) for Woodstock's special census.

To be considered for temporary census employment, please review the job description fact sheet to determine if you meet basic eligibility requirements. Then submit a completed United States Census Bureau job application to Woodstock City Hall no later than July 29, 2016. The job description fact sheet and job application can be viewed online by clicking on "Employment" on the upper left side of the page at [www.census.gov/programs-surveys/specialcensus.html](http://www.census.gov/programs-surveys/specialcensus.html). Paper copies of both documents can also be picked up/dropped off at or mailed to City Hall, Human Resources department located at 121 W. Calhoun Street, Woodstock, IL 60098. Those applicants wishing to submit scanned and signed copies of applications electronically, may do so by emailing them to [dschober@woodstockil.gov](mailto:dschober@woodstockil.gov).

You will be contacted just prior to the Special Census, expected to occur in the late summer time period, to take a job-related test to further determine suitability for census employment. The job description fact sheet and application also includes information about identification documents you need to bring to the testing session. If selected, you will be invited to attend a training class and then given a work assignment that lasts approximately 3 to 5 weeks.

For more information about Special Census jobs in our community, please contact Deb Schober, MS, SPHR, City of Woodstock Human Resources Director at City Hall at (815) 338-1172 or via email at [dschober@woodstockil.gov](mailto:dschober@woodstockil.gov).



## **FITNESS DEVICES AND/OR WEARABLES**

The City's Health and Wellness plan, in partnership with HAWA, is pleased to announce the launching of another exciting component of the City's wellness program!

We are offering wellness devices and other wearables such as Fitbits, scales, blood pressure monitors, and glucose monitors for those employees and spouses eligible under our wellness program who complete required consultations and online tasks as outlined in the June 23<sup>rd</sup> email City employees received explaining the new program.

The City is proud to offer the following fitness devices/wearables:

- Fitbits (choice of the Fitbit Flex or the Fitbit Alta)
- Fitbit Aria scale (one per participating household)
- iHealth Arm Blood Pressure Monitor (one per participating household)
- iHealth Glucometer and test strips



If you are interested in participating in the device/wearable program, please print out the "City of Woodstock Device/Wearable Wellness Program Employee Authorization and Purchase Form" you previously received and submit to Deb Schober or Jill May in the Human Resources Department – the form should be submitted to HR **no later than July 22, 2016**.

In order for covered employees and spouses to be eligible for this component of the City's Wellness Program, the following steps must be completed:

Set a goal on your HAWA profile.

Set an appointment via your HAWA profile with a HAWA professional of your choice. Have an initial consultation with a HAWA professional(s) to discuss that goal. During the consultation with any HAWA professional (of your choice), you and the HAWA professional will assess what steps should be taken to attain that goal and/or address risks identified within your HealthPoint Checkup and assess which device(s)/wearable(s) will help you to achieve that goal and/or address the risks identified from your HealthPoint Checkup results.

You will receive the device (either direct shipment to home or Woodstock HR) and must log onto the HAWA site and sync the device to your HAWA profile and/or your PC or smartphone for proper set up and tracking.

Within two (2) weeks of receipt of the device/wearable, schedule and participate in a second consultation to discuss the data, the results, and next steps for goal attainment and/or addressing your risk factors.

Three (3) months after the second consultation (following approximately 14 weeks of device/wearable usage) schedule and participate in a third consultation to discuss the data, the results, and next steps for goal attainment and/or addressing of risk factors.

Six (6) months after the third consultation (following approximately 6.5 months of device/wearable usage) schedule and participate in a fourth consultation to discuss the data, the results, and next steps for goal attainment and/or addressing of risk factors.

*Note: The member is responsible to schedule the HAWA consultations with the HAWA professional of his/her choice based on the applicable goal(s). For those members with multiple goals, the HAWA professional will advise you if another professional would be more appropriate to your needs.*

**This is a fantastic opportunity to assist you in reaching your healthy lifestyle goals!**

If you have any questions, please contact:

Deb Schober or Jill May in the HR Department at ext. 11206 or (815) 338-1172.

## SOOTHE CHRONIC PAIN WITH 4 EASY WARM WEATHER WORKOUTS



If you suffer from chronic pain, exercising may seem impossible. But experts say being active—regardless of what's causing the pain—can help you feel better. Need more motivation?

How about summer weather and extra daylight? Staying lighter longer means more time for outdoor exercise and warmer temperatures, which can help your joints. (Cold weather causes muscles, ligaments, and tendons to tighten up, and stiffness makes it easier to get hurt.)

“Many people worry that exertion from exercise will increase their pain and fatigue, but if done properly it should have the opposite effect,” explains veteran physical therapist Justin Solotoff, MSPT, of Fairfield Physical Therapy, in Fairfield, NJ. “Inactivity is actually the bigger problem as it can worsen many symptoms and lead to other conditions such as obesity, which can further deteriorate health.”

But summer is also a time to be cautious,” Solotoff warns. “Exercising outdoors has variables not found in controlled indoor environments. At the gym you don’t have to look out for uneven pavement, divots [small holes] in the grass, high heat and humidity, and other outdoor hazards.”

### Tips for Outdoor Exercise Safety

Solotoff gives the following advice for safe summer exercise:

**Wear the Right Shoes.** One of the biggest contributors to injury is improper footwear. “Try to avoid flip-flops,” he says. “They offer no support and can easily catch on the lip of steps or trip you up on uneven pavement.” In fact, the popular summer sandals contribute to many of the injuries he treats in his New Jersey practice. Good quality sneakers are best for exercise because they have arch support and cushioning to protect joints. If additional support is needed, Solotoff recommends over-the counter arch support in the form of sneaker inserts. If you just can’t live without flip flops, look into products designed to be supportive, like Fit Flops or sandals with Orthaheel technology.

**Don’t Skip Your Warm Up.** “Believe it or not, it’s possible to injure yourself walking or doing water aerobics if you don’t stretch your muscles first,” says Solotoff, who advises simple stretches for the calf and hamstring muscles along with marching in place for a minute or two before engaging in any activity. In fact, stretching has nearly immediate benefits and can improve mobility in less than two weeks if done consistently. “Stretching and warming the muscles lubricates and prepares them for the task ahead,” Solotoff points out. “It’s like allowing a car to warm up before you drive it in the winter. You wouldn’t expect it to perform properly without letting the engine rev a little first.” But be sure to stretch correctly: “The proper way to stretch is to engage the muscle until you feel slight resistance. Hold that position for up to 30 seconds. Never bounce into a stretch since jerking into position causes injury.” Be sure to keep joints loose and not fully extended or locked. And “If you feel a sharp or stabbing pain, you’re pushing it too far.”

**Pace Yourself.** Another common pitfall is overdoing it after a period of inactivity. “Resist the urge to go gung ho,” Solotoff says. “Playing multiple sets of tennis or back-to-back softball games can cause muscles to spasm and leads to repetitive overuse injury. Too much sudden activity can be discouraging and set you back. Start slowly and add intensity as you get stronger over time.”

**Hydrate, Hydrate, Hydrate.** “If you aren’t fully hydrated your muscles will cramp more easily. So be sure to drink plenty of water,” Solotoff says.

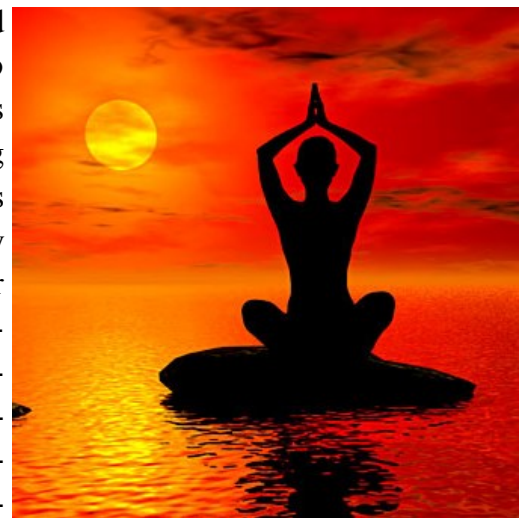
## Best Exercises for Pain

Now that you're warmed up, hydrated, and wearing proper footwear, you're ready for the pain-reducing benefits of regular exercise. Here are some of Solotoff's favorite ways to build strength and flexibility and improve balance safely outdoors without the need for equipment:

**Walking.** This exercise has numerous benefits, is accessible to practically everyone, and is a great way to maintain a healthy weight. In addition, "Walking eases stress on joints by strengthening the muscles around them and reduces pain from inflammation," he explains. Begin with a short daily walk around your block or neighborhood and gradually increase the distance and quicken your pace. You might add a second walk to your day after dinner or increase a 10-minute walk to a 13-minute walk. When that starts to feel easier, go a little further. To avoid holes and bumps in sidewalks, consider using a school's track.

**Balance and Strength Training.** Take advantage of opportunities to improve balance and strengthen legs and ankles during your walk. Experts say it's important to work on balance as we age: Good balance helps prevent falls—one of the most common ways seniors in particular get hurt. As Solotoff explains, "Weak ankles roll more easily. Having strong ankles and the ability to respond properly from a neurological stand point can also be compromised as we get older." Known as ankle strategy in physical therapy speak, it's what enables the brain to anticipate and correctly position the body to avoid injury. One good idea: "If you come across a bench, for instance, practice sitting and standing without using your hands. Repeat 10 times. For better balance, stand sideways behind the bench and lift one foot while holding on to the bench with one hand," says Solotoff.

**Yoga or Tai Chi.** Many benefits can be found in the age-old practices of yoga and tai chi. Both use your body's weight to build strength, which is necessary to perform everyday tasks like rising easily from a chair, climbing stairs, and carrying groceries. Known for its gentle movements, tai chi puts joints through their full range of motion without resistance. Many senior centers and community colleges offer tai chi classes, or you can start at home with a DVD. Ask your physician, physical therapist, or trainer at the gym for suggestions. Yoga combines breathing, relaxation, and meditation techniques to reduce the body's tension in response to pain. During the summer, yoga classes are often held outdoors. "If performed correctly, yoga's fluid movements can reduce inflammation, increase mobility, and strengthen muscles without causing excessive wear and tear," says Solotoff. He adds that it's important to work with a certified trainer who has experience dealing with chronic pain issues. "Many people are surprised to learn that incorrect yoga positioning can be harmful." If you are new to yoga, visit a yoga studio for more information or check out beginner yoga programs online or on television.





**Swimming.** If you have access to an outdoor swimming pool, use it to relieve joint soreness. "Movement is easier in water, offers muscle-strengthening resistance, and can provide a completely pain-free way to exercise," Solotoff notes. Start by pool walking [walking in water shallow enough that your feet touch the pool's floor] in all directions. "Forward, backward and sideways across the pool is ideal,"



he adds. Next, try propping your arms on a flotation noodle and "bicycle" around the pool (move your legs as if you're riding a bike; you can use your arms to help you move, or wrap a noodle under your arms and cycle your legs for a similar effect), or step up and down the pool stairs a few times. "You can also strengthen your muscles and core by practicing sitting in an imaginary chair," he says. Another good way to strengthen your legs? Hold on to the side of the pool with both hands and kick your legs behind you.

**Start Smart.** Solotoff recommends consulting your doctor before beginning any exercise routine, especially if you've had surgery or a pre-existing cardiac or pulmonary condition. Still, "The good news is physical therapists can help you develop exercise routines tailored to almost any physical limitation," he says.

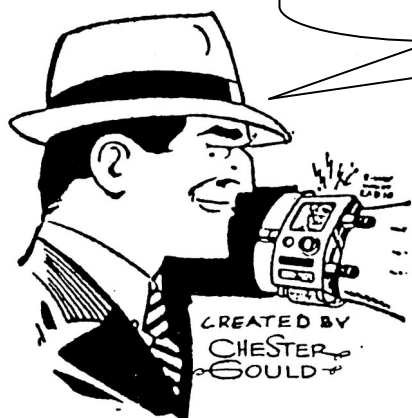
Finally, if you experience pain, dizziness or any breathing difficulties during exercise speak with a health care professional before continuing. Treat post-workout pain by applying ice to joints.

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## **Want to Start to Get Healthy with an Exercise Program?**

City of Woodstock employees receive an employee discount at the **Woodstock Recreation Center**. **The initiation fee is waived! Executive membership is \$35 per month. Full membership is \$25 per month.** Try a week for free! For more information, contact Mary Lynn Lisk or Renee Torrez at 815-338-4363 or visit [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com) for more information.

## Calling All City Employees



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**DICK TRACY DAY MIGHT BE OVER ON JULY 2ND BUT YOU CAN STILL BE A PART OF BREAKING A WORLD RECORD!**

Come support the  
Friends of the Old Courthouse on  
Thursday, July 7 from 12:00—1:00pm  
in the City Hall 2nd floor conference room.  
Lunch and dessert will be provided.  
**BYOBP** (Bring Your Own Black Pen)  
Email RSVP to Jane or Betsy.

## LOOKING FOR A FEW GOOD MEN and WOMEN

Below is a list of times and dates we still need some volunteers for Summer in the Park. If you are interested, email Jane or Betsy.

Wednesday, July 13	5:00pm– 9:00pm	Park in the Square
Friday, July 15	6:00pm - 11:00pm	Emricson Park
Sunday, July 17	7:00am - 6:00pm	Emricson Park

*Any amount of time you would be able to donate is appreciated.*

